

ACUTE SUICIDE RISK

RED FLAGS OR Direct indices

- SUICIDAL IDEATION
 - Passive thoughts about wanting to be dead
 - Active thoughts about suicide
- SUICIDAL COMMUNICATION
 - Indirect "I won't be around much longer"
 - Active "I want to kill myself"
- SUICIDAL PLAN, PREPARATION, REHEARSAL
 - Specific time and/or method, acquiring means, writing suicide notes
- SUICIDAL INTENT
 - Belief that they will kill or hurt themselves

ORANGE FLAGS OR INDIRECT INDICES

- Perceiving themselves as a BURDEN TO OTHERS
- Severe HOPELESSNESS and/or PESSIMISM
- LOSS OF PLEASURE in usual activities (Anhedonia)
- Increasing AGITATION, ANXIETY, or RESTLESSNESS
- COMMAND HALLUCINATIONS
 urging suicide
- Inability to CONCENTRATE or make DECISIONS
- SLEEPING too much or too little
- Increased, excessive, use of ALCOHOL or DRUGS
- Preoccupation with anticipated LOSS or STRESSOR
- Precautions against discovery, DECEPTION or CONCEALMENT.

PROTECTIVE FACTORS

- HOPE for the future
- Sense of SELF-EFFICACY
- Attachment to BEING ALIVE
- Valued RESPONSIBILITY to family, friends, pets, etc...
- Protective SOCIAL NETWORKS
- ATTACHED TO THERAPIST
- FEAR OF DYING, pain, failed attempt, etc...
- Fear of SOCIAL DISAPPROVAL for suicide
- Belief that suicide is IMMORAL or will be PUNISHED in the after life
- Strong SPIRITUAL beliefs that don't approve of suicide

IN A CRISIS

Environment

- * Reduce access to lethal means
 - * Change suicidal models
 - * Increase social support
 - * Remove or reduce stressful events or demands

Behaviour

* Pay attention to affect rather than content

* Generate hope and reasons for living

* Activate behaviour

* Block immediate maladaptive responses (e.g. yes, but statements)

Problem Solve

* Focus on Current Problem

* Empathically tell the patient not to attempt suicide or self harm

* Give advice and make direct suggestions

* Offer Solutions

* Clarify and reinforce adaptive responses

Reassess Suicide Risk

Don't Assume: * Suicide Ideation is gone * Suicide risk won't come back

ASSESS RISK AT THE END OF INTERACTION

Trouble Shoot

* Identify factors that will interfere immediately and longer term

* Come up with a revised plan * Ask "what if?"

* Develop a back up plan

* Schedule Check- in

Get a Commitment

* Explicitly ask for a commitment
 * Sell Action Plan
 * Ask for a lot, take a little

* Get a little, then ask for more!

* Remind Person of Previous Commitments